

# Get set Sunday to make meals for whole week

By **MARGE PERRY**

NEW YORK (MCT) — Making dinner easier is the goal here. We can't fix the economy or cure global warming, but we can help make your weeknights a little less stressful and your eating throughout the week a little more healthful. (Consider it our contribution to health-care reform.)

Call this move toward meal simplification the Sunday Strategy.

On Sunday, you make two slower-cooking but decidedly uncomplicated dishes, which you then use as the basis of your meals during the week.

We take you as far as Thursday on the assumption that Friday and Saturday are cook's nights out.

You don't have to spend a lot or resort to using highly processed foods. At times, we use frozen vegetables, which can be just as nutritious — sometimes more so — than fresh, but never if it means sacrificing flavor or texture.

The same is true for the other "shortcut" products, such as quick-cooking rice or pre-chopped garlic: We use them only after determining there is no loss of nutrients or flavor.

Our Sunday Strategy in a nutshell: Cook a little extra on Sunday to give you five nights of good, wholesome and satisfying meals you can put on the table with minimal fuss.

Here's how it works:

## Sunday

### ROAST PORK LOIN

- 1 teaspoon dried thyme
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon coarsely ground black pepper
- 1 (3- to 4-pound) boneless pork loin, trimmed of fat
- 2 pounds baking potatoes, cut into 1-inch chunks
- 1 tablespoon olive oil

1. Preheat oven to 425 degrees. Coat a shallow roasting pan and

rack with cooking spray.

2. Combine thyme, 1 teaspoon of the salt and pepper in a small bowl. Sprinkle evenly over the entire surface of the roast.

3. Toss potatoes with olive oil and remaining 1/2 teaspoon salt. Place in a single layer in the roasting pan. Place pork on top of potatoes and roast in the center of the oven for 55 to 65 minutes, or until a meat thermometer stuck in the center registers 145 to 150 degrees. Serve 4 portions, reserving the leftovers for later meals.

## BEANS

Here are two methods for cooking beans.

**Traditional method** — Place 1 pound red beans in a bowl with enough cold water to cover them by 3 inches. Soak 4 to 8 hours. Drain water and place beans in pot with enough cold water to cover by 2 inches. Bring to a boil; immediately reduce heat and simmer gently until tender, 1 to 1 1/2 hours. Makes about 6 cups.

**Quick-Soak method** — Place 1 pound red beans in a pot with enough cold water to cover them by 3 inches. Bring to a boil for 2 minutes, then turn the heat off and allow beans to soak in the pot with the water for 1 hour. Drain, return to the pot and cover with cold water by 2 inches. Bring to a boil; immediately reduce heat and gently simmer until tender, 1 to 1 1/2 hours. Makes about 6 cups.

## Monday

### RICE AND BEANS

- Greens sauteed in olive oil and garlic make an ideal accompaniment.
- 2 cups prepared brown rice
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 (20-ounce) bag frozen pepper and onion stir-fry mix
- 1 (14 1/2-ounce) can diced tomatoes

See **WEEK**, Page 43

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